



Provincial Tomatoes

READY IN



15 min.

SERVINGS



20

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup asiago cheese grated
- ☐ 2 tablespoons parsley dried
- ☐ 0.3 cup bread crumbs dry
- ☐ 0.5 cup parmesan cheese grated
- ☐ 20 servings salt and pepper to taste
- ☐ 2 large tomatoes cut into 1/4 inch slices

Equipment

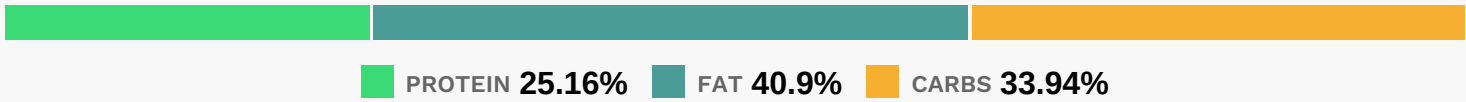
- ☐ baking sheet

- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat your oven's broiler.
- ☐ Place tomato slices in a single layer on a baking sheet or in a baking dish, season with a little salt and pepper, and drizzle with olive oil.
- ☐ Mix together the Parmesan cheese, Asiago cheese, bread crumbs and parsley; sprinkle over the tomato slices.
- ☐ Drizzle a little bit more olive oil over the top.
- ☐ Broil for 5 minutes, or until the top is golden and toasty.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:1.7273913064729%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 24.62kcal (1.23%), Fat: 1.14g (1.76%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.8g (0.65%), Sugar: 0.59g (0.65%), Cholesterol: 3.03mg (1.01%), Sodium: 269.26mg (11.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Calcium: 43.59mg (4.36%), Vitamin K: 4.31µg (4.1%), Vitamin A: 186.87IU (3.74%), Vitamin C: 2.74mg (3.33%), Phosphorus: 31.99mg (3.2%), Manganese: 0.06mg (2.78%), Selenium: 1.53µg (2.18%), Potassium: 56.94mg (1.63%), Vitamin B2: 0.03mg (1.56%), Vitamin B1: 0.02mg (1.42%), Zinc: 0.2mg (1.36%), Fiber: 0.33g (1.33%), Magnesium: 4.81mg (1.2%), Folate: 4.77µg (1.19%), Vitamin B3: 0.22mg (1.11%), Vitamin B6: 0.02mg (1.06%), Iron: 0.18mg (1.01%)